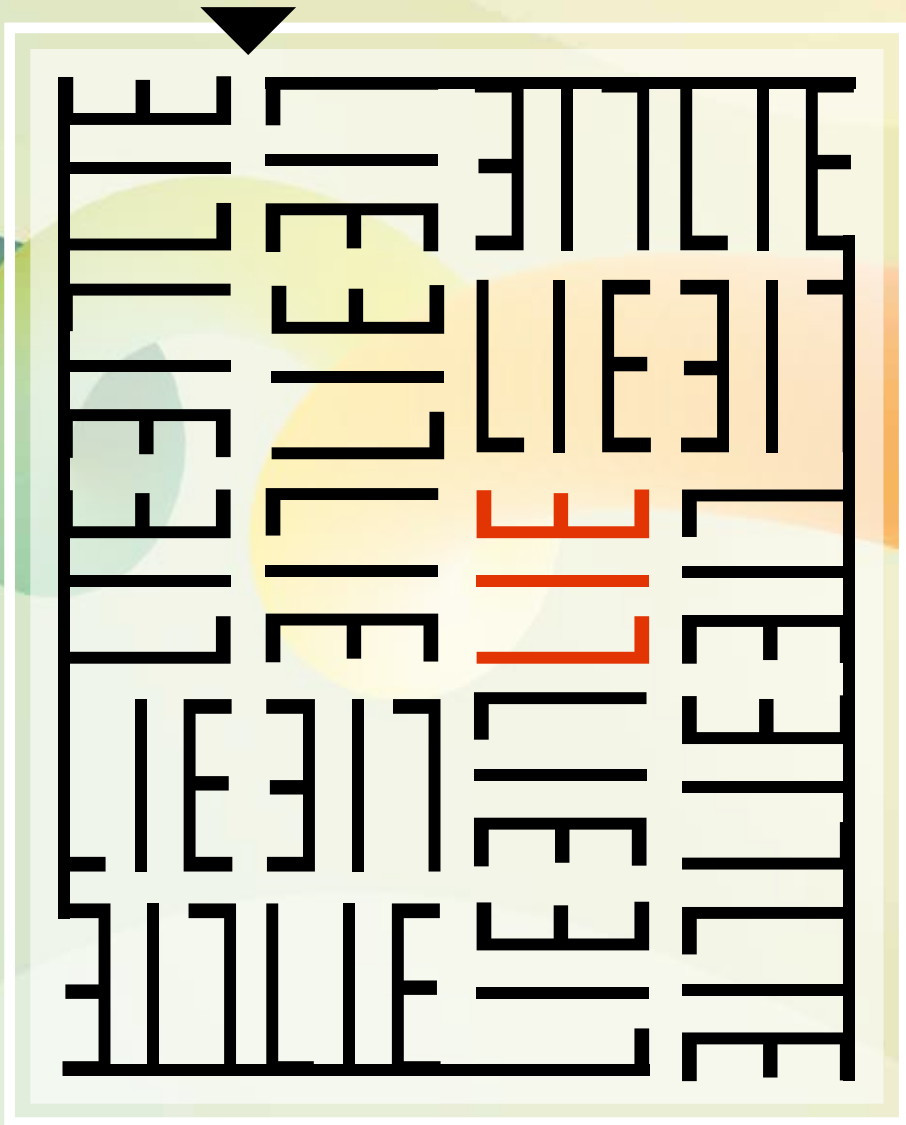


Akram Youth

February 2021 English

Dada Bhagwan Parivar



The **Maze** of Lies

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Editorial

Dear friends,

By looking at the cover page of this edition, you may have already got an idea about what we are going to discuss this month.

Yes friends! Lying is one such wrong action that many among us, in more or less frequency, knowingly or unknowingly, are doing on a regular basis. According to one study, lying is one such bad habit where the majority of people are experts and without any reason, they tend to lie easily to friends, family members, or colleagues. When one starts lying about small matters, he does not even know when it transforms into a bad habit. Then it becomes extremely difficult to come out of the maze of lies. It is said that, in order to hide one lie, a hundred lies are needed. Once he gets stuck in this illusionary trap, he gets more and more entangled in it.

However, friends, you do not need to get entangled if you are trapped in this maze. I am certain that by the time you finish reading this edition, you will find a simple and easy way to come out of this maze.

Jai Sat Chit Anand!

- Dimple Mehta

Is there anyone who does not lie?



At one point or another, almost every human lies in their lifetime, but many people are not able to accept this truth, just like the King of this story....

“Glory to the Maharaj of Vijayanagar!”

This is a story of a King named Krushnadevraya of Vijaynagar, who used to always encourage art and literature. Along with being generous, he used to treat the people of his kingdom and his court men with compassion and respect. He had many wise court men, among which the smartest and most intelligent was Tenali Rama. He was an advisor to the king and was known for his justice and love towards humanity.

One day the King was engrossed in deep thoughts as he sat in the court-room.

Out of curiosity, he asked, “What

is a lie (untruth)?”

Tenali Rama answered, “Lying (being untruthful) means , when one makes up a false story to hide a fact or to falsify the truth. Lying is something that is used for one’s own benefit or to convince the other person of one’s own lie.”

Rama continued, “Lying means not only hiding the truth but when there is a need to speak the truth, if one remains silent, that is also a lie. When one says something to deceive the other person, that is also called a lie. It does not matter if it is white or black!”

“Do lies also have a color?” The King asked with curiosity.

Tenali Rama smiled and said, “Yes, Maharaj, lies have two colors. One is ‘Black’, that which is said purposely for one’s own benefit. The other is ‘White’, that which does not harm anyone, and is said with an intention to not cause pain to others.”

“Oh... Is that so! But I, my people, and my court men do not lie under any circumstances.” The King said proudly.

Tenali Rama answered, “I do not agree with you. Forgive me, Maharaj, you will also lie if the circumstance arises.”

The King said angrily, “I am not ready to believe you, Rama. If you are confident in your statement, then prove it. I want to see how you are able to make me lie.”

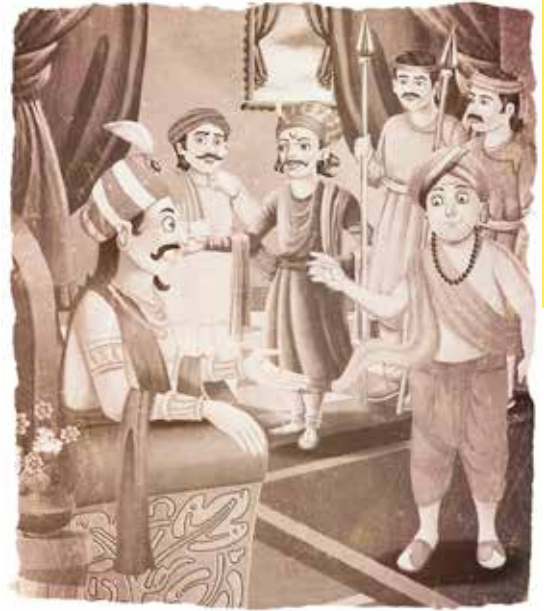
Tenali Rama accepted this challenge and asked for some time from the king to prove his statement.

As time passed, the King and the court men forgot about this entire conversation. During this time, everyone came to know that a saint had come to the city and was making people see a divine light.

“Oh, my devotees, you will see a mirror in this room. When you stand in front of that mirror, you will be able to see a divine light.”

“But remember, only those who have never lied in their entire life will be able to see this divine light.”

Hearing that, some people got



scared and left, while others started going into the room one after another.

When the King heard this news, he also went there with his Queen and court men.

The first court man went into the room and stood in front of the mirror. The court man was not able to see anything other than his own reflection. When he came out of the room, he thought of speaking the truth, but then he remembered the saint’s words, “Only those who have never lied in their entire life will be able to see the divine light.”

He came out and to look good in front of the others, he lied, “I saw the divine light. It was a bright beam of light like the Sun!”

One by one, each of the court men went into the room and lied so

they would look good in front of the others.

Then the Queen went into the room. She also saw her own reflection in the mirror. She also lied, “Wow, the divine light was very beautiful and bright!”

Lastly, the King went into the room. He also could not see any divine light in the mirror! The King was shocked to see this. Disappointed, the King came out of the room.

“Did you see the divine light?” Rama asked the King.

“Yes, I saw the divine light!” The King also lied.

“How is that possible? A simple mirror was placed in the room. I know that no one has seen the divine light.” Tenali Rama said.

Hearing this, the King, the Queen, the court men, and all the people started talking among themselves. Tenali

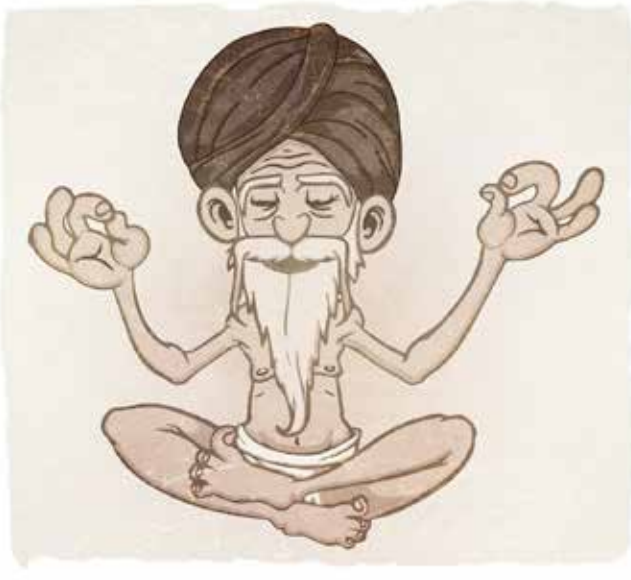
Rama then said, “This was my scheme to prove that everyone lies given the circumstance.”

“Oh, is that so! I am sorry for lying, Rama. I understand my mistake.” The King said this asking for forgiveness.

“Yes, Maharaj, untruth means, a lie that is spoken in different ways. For example, twisting a story or remaining silent is also considered a lie. In many cases, it is harmful and as you keep lying, you get addicted to lying more.” Rama explained in detail.

After this incident, the King agreed, “It is a fundamental truth that, humans lie.”

This way, Tenali Rama proved with his intelligence that everyone has lied at one point or another in their life.



Have we ever lied?



The Curtain Arises.

Anuj laid in his bed.

Anuj (thinking), ‘How did my problem grow so big? I never even imagined that I would get into such a huge debt because of this. I got so caught up in the rat race of acquiring worldly things that I even lost what was most important. I ruined everything.’

Entangled in all these worries, Anuj falls asleep and slips into a new world.

‘Wow ! This is such a beautiful and peaceful place! The people here look so happy and worry-free.’

Anuj: Hello Sir! What is this place

and what is the reason for everyone’s happiness here?

One person: Hello Anuj! This is Anandnagri (The City of Happiness). The people here only know three languages – Love, Honesty, and Trust. The King of this place is Satyavardhan. He is the symbol of honesty, just like his name. He believes that people’s faith in speaking the truth is the key to their happiness.

As Anuj was entering the King’s court, he thought, ‘How does this person know me?’

King: Welcome Anuj! I was waiting

for you. (Anuj is still trying to understand) Did you see my kingdom?

Anuj: Yes. It is very nice, but I have not seen everything. How do you know me?

King: I know everything about you!

Anuj: (thinking) 'This King knows everything about me, how is that possible? I think he is lying.'

King: Have you always spoken the truth in your life?

Anuj thought, 'Let me test the King.'

Anuj: I have been taught, 'never to lie' since childhood.

King: Okay, then what about when you lied for the first time to your mom when you were seven years old? Do you not remember? Let me take you to your past.



First Incident

Anuj's mom: Anuj, did you hear the sound of something breaking?

Anuj: Hmmm... I don't know.

Back to the King's Courtroom...

King: Until today, no one knows who broke that expensive vase.

Anuj: I was very scared that my mom would scold or spank me for breaking the vase. That is why I did not tell anyone.

King: Then you must also remember the time when you were 12 years old. You found a worksheet that did not have a name?



Second Incident

Teacher: Everyone submit your worksheet.

Anuj: (thinking) 'Oh God! I forgot my worksheet at home.'

At that time, Anuj saw a worksheet that did not have anyone's name on it.

Anuj: (thinking) 'This worksheet is complete. Whose is it? It does not have anyone's name on it. Should I write my name on it? I will be able to get away from the teacher's anger and punishment and I will also get my marks.'

Anuj writes his name on the worksheet and submits it.

Back to the Court...

King: Do you remember your high school days? Where to be popular, you were fooling everyone by telling them that you are very rich?

Third Incident

Anuj: Do you know, I bought the new Playstation 4? It is the latest one.

Anuj's friend: Superb! Where did you buy it from?

Anuj: Actually, my uncle from overseas brought it as a gift for me.

Anuj's friend: Can I come to your house today to play on that playstation?

Anuj: No, today we have guests coming over. Come some other time.

Anuj: (thinking) Thank God!
I was able to avoid him, otherwise,
he would have found out everything



Back to the Court...

King: So, in reality, did you have that latest and greatest playstation, smartwatch, etc.? And did you go overseas for vacation? And did you wear branded clothes?

Anuj: No, but I wanted to be popu-

lar and set myself apart as being smart and unique! However, I could not afford the expense to look smart. So...

King: Are you on Instagram?

Anuj: Yes, of course! Who is not on Instagram? At the age of 17, I had reached 2000 followers.

King: Wow! I just saw your Dubai vacation picture. That means you must have seen the “Redeemer Statue” in Dubai, right?

Anuj: Yes, of course! It was an amazing statue!

King: By the way Anuj, that statue is not in Dubai, it is in Brazil! See, I caught you!

Anuj: But I had the desire that lots of people should follow me on social





Now tell me, after all these years, are you still as popular as you were at that time?

media. So, I would use my editing skills and post my photograph with different places in the background.

King: You would go to the gym for 10 minutes and then post such pictures that everyone would think that you were a fitness freak. You gained popularity with that. Tell me, am I telling the truth?

Anuj: You surely know everything about me.

King: Now tell me, after all these years, are you still as popular as you were at that time?

Anuj: Yes, people still like me. To tell you the truth, I also have a girlfriend now! And she really likes

my lifestyle.

King: Nice! But how do you maintain that lifestyle?

Anuj suddenly becomes silent.

King: You can tell me everything frankly. I will not judge you.

Anuj: (takes a deep breath) The lifestyle that I am dreaming of, my family cannot afford that. So, in order to maintain my image, I started borrowing money from my friends. I started lying to them that, "I forgot my wallet at home." or "Someone stole my wallet." They would lend me money with the condition that I need to pay them back. But I wasted all that money and did not have any money to

return to them. So, I started avoiding them. Whenever I used to run into my friends, I would show that I am busy. And if they brought up the topic of money, I would give them a guarantee that I would return their money soon. I needed to find some way to return their money quickly.

There was one group of people in college that knew different ways to make quick money. I thought that those people would help me, so I went to them. They introduced me to gambling. I felt that this was the only way that would get me out of my debt. So, I joined them. But to stay in that group, besides gambling, I had to do many other things. So, I started eating non-veg and going to late-night parties. As a result, I started coming home late. So, I began lying to my mom that I was busy with the college festival preparations, or that I was studying in the library.

In the end, one person from that group lent me money to gamble. I won a couple of times, so I became hopeful that by gambling, I will be able to repay my debt and earn more money. But after that, I started losing money and got into more debt. Now, I don't know what to do? How did I get to this point here? I never thought that I would get in such huge debt. I ruined everything!

After hearing Anuj's story, the King took Anuj to one room in his



palace, where the walls were made of mirrors. When Anuj went inside, he saw some quotes, which would show up for some time and then disappear. He read all those quotes carefully.

The Consequences of Lying:

1. You lose your friends, so you become lonely and restless.
2. People will lose trust in you.
3. People will hesitate to see good qualities in you.
4. To hide one lie, you have to lie countless times.
5. Slowly you will not feel guilty when you lie. Slowly you do not even feel that lying is wrong.
6. Your mental and emotional health is impacted.

Anuj (confused): Oh God! Please help me. I want to come out of this.

King: Did you understand your mistake? And yes, there is a way to come out of this.

Anuj: Really, is there a way?

King: Yes, let me show you the three pillars of success. Any pillar you select will help you rectify your mistake and give you relief. The first pillar is **'Magical Milestones'**. In that, you have to follow 4 simple steps.



Gnani With Youth



Pillar 1 Magical Milestones

Questioner: I understand that I lie due to fear, to make an impression, and for money. I lie to my friends because I want to make an impression and so, I have to lie to my parents. So, how do I set these four steps? I want to understand in detail.

Pujyashree: In that case, You have to decide, ‘Dear fellow, if you finish your work by lying, it will not give the desired results.’ Your fake impression will not last for long, one day the truth will come out and the whole impression will be shattered. Lying is not the right path. Whatever it is, talk openly and be straightforward. And do you know, straightforwardness leads to a much better impression! And if one tries to create an impression by lying and doing wrong things, when the truth eventually comes out, everyone will know that he was a liar.

If a person lies once... there was that one story, “Here comes a tiger, here comes a tiger.” The first time, everyone came running to save him. He called the second time and everyone came again. The third time when the tiger actually

came, no one came to help, and the tiger killed him! In this way, by lying, one loses everyone’s trust. They will never trust that person again. If you make a mistake, admit it and say, “I have made a mistake and I will not lie again.” Then slowly you can develop a good impression. However, by lying, one loses the power of speech. The value of his words becomes ‘zero.’ Do you understand this? So, decide that it is wrong to lie, ‘I will never lie’, and if it happens, do pratikraman. If you ever lie to your mom, after some time when you remember you lied, tell her, “Mom, I made a mistake, I lied to you.” She will not scold you and if she scolds you, we’ll handle it at that time. But we do not want to increase our offenses by lying. The offense of getting scolded is less. If she scolds us, our faults will be cleaned forever. So, you should not lie.

Yes, it is a different story if it is harming someone. However, just for our illusory attachment, for our selfish motives, for our benefit, or for making an impression, we should not lie.

How to Apply the Four Steps?



4

Do not Protect

If you are caught lying, do not ever protect your lie.

3

Pratikraman

Repent whenever you lie, "Oh Dada Bhagwan, I ask for forgiveness for lying, please forgive me and give me the strength to not lie again."

2

Analysis

Why should one not lie and what are the consequences of lying?

1

Determination

Keep a 100% strong determination – "It is wrong to lie".

Pratikraman Through a Puzzle

You are in room #14 and you have to come out from room #4. On the way, there are boxes that show whenever you have lied to other people. You have to find your way forward by asking for forgiveness from all these people. You can ask for forgiveness in your mind or by meeting them in person.

Instructions: Do not forget, it is important to pass through every box. Once you pass through a box, you do not have to go through the same box again. You can move vertically or horizontally, but not diagonally.



Anuj: This 'Magical Milestone' is really a great solution. But how do I change my habit overnight?

King: Then the second pillar will help. In that, even if you are not able to change your habit overnight, you will be able to get it under control. It is called 'Lie Detector', which means 'Discipline in Immorality'.

1 People we have met in the past	2 People at work	3 Neighbours	4 Others
5 Relatives	6 Spiritual Teachers	7 Siblings	8 Storekeepers
9 Friends	10 Cousins	11 Professor	12 Father
13 Mother	14 You	15 House Helper	16 Grandparents

Exit

Entry

Answers on Page.24

Anuj: What is 'Discipline in Immorality?'

King: I lie and I know that it is wrong, but I am not able to stop it. Then, 'Discipline in Immorality' means I will lie, but lie with discipline. For example, I decide that I will lie only 25 times a day. Once I lie 25 times and when it comes to lying for the 26th time, I do not break the rule. Slowly, keep on decreasing the lies from 25 times to 15 times, and so on. By doing this, your habit of lying will slowly go away.



Q&A

Pillar 2 Lie Detector

Questioner: Dadashri is showing the path, 'Discipline in Immorality', so how do I lie with discipline? What are its benefits and what is the science behind it?

Aptaputra: Dadashri says, in this Kaliyug (Current era of the time cycle, which is characterized by lack of unity in thought, speech, and action), the mind behaves strangely. It will immediately do the things that we have decided not to do. For example, some are addicted to smoking cigarettes, spending time on their mobile, playing games, surfing the internet, or watching movies. In the same way, some are addicted to lying. Even if we explain the risks of lying, it is not possible

for them to stop the next day. Scientifically, the behavior cannot be changed, but the understanding can be changed. Lie three times a day, no more. Then no matter what, he has to tell the truth the fourth time. So, when he speaks the truth the fourth time, and rechecks how he felt after telling the truth, he will realize the benefits of speaking the truth. He will realize that, 'If I speak the truth, people will trust me, give me work based on my capacity, and guide me. When I tell the truth, so many people come to help me.' If you don't lie, then your heart will echo that. Your confidence will increase. This will help you in the long run.

If you lie once then you have to lie again and again to hide that one lie. Only tension and stress will increase. You lie to protect your outside, temporary pride, but inside there is only suffocation.

Questioner: If a person lies 50 times a day and then decides that 'I will only lie 25 times a day', what happens if he lies the 26th time?

Aptaputra: Even if you have decided to lie 25 times a day and you end up lying 35 times, for the next 2 - 3 months maintain the goal of lying only 25 times a day. Then gradually the awareness will come. When things are positive, appreciate yourself.

Whenever you speak the truth and stick to your promise... 'This is really good.'

We could disclose everything to Niruma. We had no fear that as a friend, a Guru or a Gnani, what kind of alochana (heartfelt confession of a mistake) she would ask us to do or what kind of opinion she would have for us in seva or satsang. We were able to openly tell her everything.



YOUTH EXPERIENCE

Jai Sat Chit Anand,

Last week when I was asked to lie with discipline, I was very excited because I had never done anything like this before. Moreover, I was also going to try to reduce the number of times I lie in the following week.

We all lie due to different reasons. I thought this would be easy for me because I do not lie often. But when I carefully noticed my daily routine, I realized that there were only a few matters where I had to lie.

During online classes, I would lie to my teacher that I was having network issues, but in reality, I was busy chatting or playing games with my friends.

If my mom came into my room while I am on my phone, I would quickly grab my book and start acting as if I was studying.

I realized very quickly that most of the time these lies were unnecessary and could be avoided easily. I also noted that I was able to lie very easily and expertly such that people would believe it as the truth.

After realizing all this, I decided that, 'I will not lie to anyone. Whenever I lie, I will ask for strength, "Oh Dadashri! Give me strength not to lie." And I will also do pratikraman for lying.' I decided that, 'I will only lie 10 times a day. On a certain day, if I lie 12 times instead of 10 times, I will only lie 8 times the next day. I will balance it like this.'

In this way, my lies slowly reduced in small matters. Within just one week of watching myself, I could see so much difference within me. Just think, if we follow this for our entire life, what exceptional results it will bring!

I was feeling so much lighter and positive by speaking the truth. I will request all my friends to not underestimate the strength of this. Definitely put this into practice and see how much of a difference it makes!

- Monil Karaniya (16 yrs)



Anuj: Oh, Yes! This is very interesting! Now, I will lie only 10 times a day and balance it like Monil. But how do I track my progress?

King: A 'Lie detector' will help you.





Anuj: Lie detector???

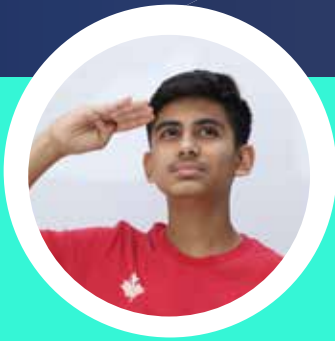
King: For that, you will have to be honest with yourself. On the days that you achieve your goal, give yourself a smiley. However, do not forget to give yourself a sad smiley on the days that you do not achieve your goal.

Come on friends, along with Anuj, let us track our lies with the help of the calendar given below.

FEBRUARY

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	 5	6
7	 8	9	 10	11	12	13
14	15	16	17	18	 19	20
21	22	23	24	25	26	27
28						



Anuj: I am afraid that if I speak the truth people will judge me or punish me for my mistakes.

King: Oh, my son! This world is covered under the blanket of lies. Only a few people inspire us to speak the truth without fear of its consequences. Come, let's take a trip back in time in history and meet one such brave person who will inspire you to become like him and give you the courage to speak the truth. That is our third pillar.

Glimpses of Great Men

Pillar 3

Have the courage to speak the truth!

- Gopal Krishna Gokhale



Once upon a time a boy named Gopal lived in Kolhapur village and was studying in Rajaram High School. On a regular day like any other, the mathematics teacher was teaching the class. He wrote a difficult math problem on the board and the students tried to solve the problem. But no one was able to solve it. As the teacher was about to explain the problem, the bell rang. So, the teacher said, “Students, solve the problem as homework, I will check it tomorrow.”

The next day the teacher asked, “I hope everyone has solved the homework problem” and he started checking everyone’s notes one by one. Many students had not solved the problem and for those who had done it, it was wrong. The teacher then checked Gopal’s homework and said, “Look, Gopal has solved the problem correctly.” The teacher was very happy with Gopal and started praising him. As the teacher started praising him more and more, remorse within Gopal started increasing, and finally, he started crying.

The teacher asked with concern, “What happened Gopal? What is the problem?”

“Sir, I am not worthy of these praises”, Gopal said.

“Why?” The teacher asked with surprise.

“Sir, I ask for forgiveness be-

cause I did not solve this problem on my own. I solved this problem with the help of my friend. So, I cannot take credit for the work that I have not done. I feel very sad hearing these praises”. Gopal admitted his mistake as tears were rolling down his eyes. Gopal’s truth touched the heart of the teacher.

“Hmm... Gopal, you are genuinely an honest and truthful boy. One day you will increase the pride of this country” the teacher told Gopal encouragingly.

The future that Gopal’s teacher predicted came true because the boy in this story is none other than Gopal Krishna Gokhale! He was born on May 9th, 1866, and became famous as a member of the Indian National Congress. He was also the political guide to Mahatma Gandhiji. He played a major role in maintaining India’s diversity and achieving independence for the country.

Gopal Krishna Gokhale teaches us that, “Do not lie based on the fear that something bad will happen in the future.” He gives us the strength and inspiration to speak the truth.



King: So, Anuj, what is your decision? Which pillar will you choose to come out of your situation?

At that time, Anuj woke up from his slumber. He was not in Anandnagri, but he was in his bedroom with a peaceful expression on his face.

Anuj has chosen his pillar... have you chosen yours?

Magical Milestones



Lie Detector



The Courage to Speak the Truth



#Poem

Ek juth bolyu jo, sau juth lave taani;
Dukhi thaya, taklif vadhari, shu kari kamani?

Kadach koine khabar napade, karadtu je ander che;
Nikali javu jaldi, kutevo ghano undo samandar che!

Akaad bhul thai pehla pachi aadat padi gai,
Lidhu upranu, juth ne jindagi lambi mali gayi!

Juth bolva pachal juo shu karan, shu dar che?
Juth ni shabashi karta, satya ni saja behtar che.

Kariye dil thi pratikraman, thayela doshono kshay ho!
Have aa dosh fari nahi thay, avo drad nischay ho.

Yaad rakhvu etlu, Mahavir nu ek mahavrat satya che;
Jene satya no bhaav rahe che chokho, e pan dhanya che.



By Dada's Youth

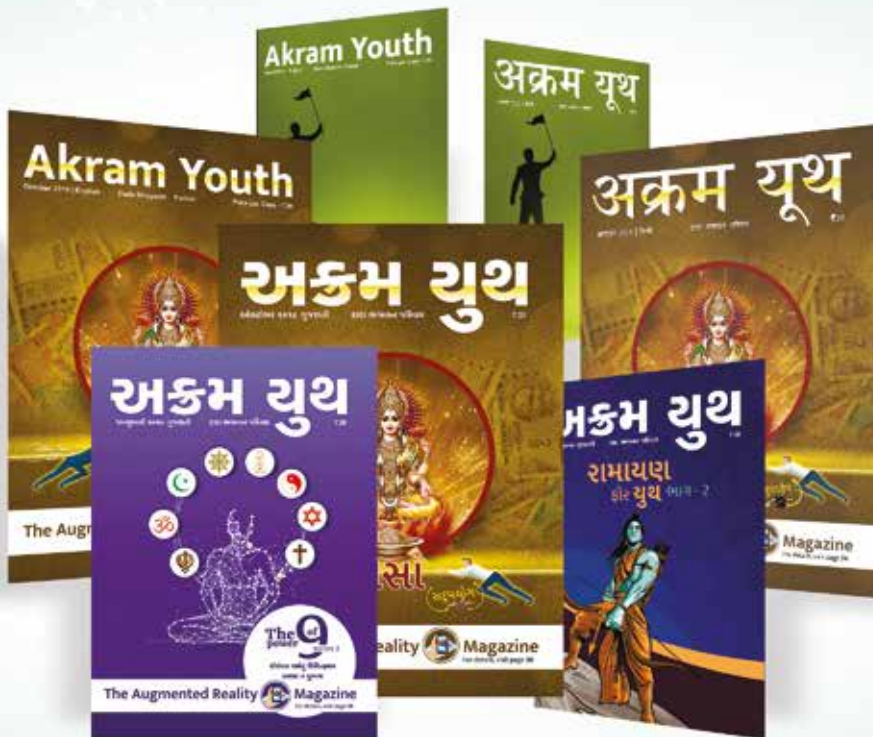
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